

Camp Long Seward Park



ENVIRONMENTAL LEARNING CENTERS

FALL 2005

September 1 through
December 31

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Camp Long, "Jewel of the Emerald City," is one of Seattle's best kept secrets. Located in West Seattle, this 68-acre forested park and Environmental Learning Center offers visitors an opportunity to enjoy nature, hike, camp overnight in rustic cabins, rock climb, and learn about nature.

Seward Park offers an abundance of recreational options. Located in southeast Seattle, this 277-acre old-growth-forest peninsula is a great place to explore, learn, play, and tour. With three miles of shoreline, grassy meadows, children's playgrounds, beach swimming, and picnic shelters, it's a great place to take your family for a day's outing.

Camp Long Environmental Learning Center

5200 35th Ave. SW
Seattle, WA 98126-2804

Phone: 206-684-7434 Fax 206-684-7435

Visit us online at www.camplong.org

Register for programs by e-mail camplong@seattle.gov. Register *early* for the best choices. Popular classes fill quickly.

Camp Long Fall Hours of Operation

Tuesday and Saturday 9 a.m. – 2 p.m.
Closed Sundays in November and December

Holiday Closures

Friday, November 11, Veterans' Day
Thu., Nov. 24 & Fri., Nov. 25, Thanksgiving Holiday

Floor Refinishing Closure

December 24, 2005 – January 2, 2006

Department Administrative Staff

Ken Bounds, Superintendent
B. J. Brooks, Deputy Superintendent
Kathie Huus, Special Units Manager
Leila Wilke, Environmental Learning Centers Manager

Camp Long Staff

Sheila Brown, Supervisor 206-684-7415
Jacinta Talamaiavao,
Administrative Specialist 206-684-7434
Roy Amdal, Maintenance Laborer 206-684-7434

Camp Long Education Staff

Sherry Mathers, Public Education
Program Specialist 206-233-2637
Jeanie Murphy-Ouellette, Public Education
Program Specialist 206-233-2637
Gretchen Graber, Education
Program Assistant 206-233-2637

Advisory Council Naturalists

Sandy Beaucage Rebecca Schroeder
Becca Hardie Sophia Wheelright
BRIAN Maura Shelton
David "Caveman" Friedman Stewart Wechsler

Camp Long Volunteers

Sandy Beaucage Jack Pedigo

Camp Long Advisory Council

Sandy Beaucage Mat McBridar
Carol DePelecyn Connie Woods
Cec MacClure Mimi Ford
Jack Pedigo Marguerite Payne
Laura Tyler Judy Kitzman

Longfellow Creek Watershed Educator

Sheryl Shapiro 206-615-1443
www.longfellowcreek.org

Camp Long's Fabulous Facilities!

- 10 rustic cabins available for rent.
- Lovely main lodge available to rent for meetings, parties, weddings, reunions, etc.
- Hiking trails, pond, creek
- Rock & glacier climbing
- Picnic shelters and large campfire ring

Seward Park Environmental Learning Center

5907 Lake Washington Blvd S
Seattle, WA 98118

Phone 206-684-4396 Fax 206-386-4368

visit us on the web at www.seattle.gov/parks!

Fall Hours of Operation

Tuesday – Saturday 9 a.m. – 2 p.m.

Holiday Closures

November 11, Veterans' Day
November 26, Thanksgiving Holiday Observed
December 24, Christmas Holiday Observed
December 31, New Year's Holiday Observed

Seward Park Staff:

Sheila Brown, Supervisor 206-684-7415
Christina Gallegos, Naturalist 684-4396
Jeanie Murphy-Ouellette, Public Education
Program Specialist 684-4396

Outdoor Opportunities (O₂):

Bob Warner, Program Coordinator 684-7097
Matt Axling, Youth Leader 684-4031

Outreach Program Naturalist:

Willie Campbell 669-7904

Friends of Seward Park online at
www.sewardpark.net

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information online.

New Searchable Online Brochure Format!

Now you can search for just the classes you're looking for online! Visit www2.seattle.gov/parks/brochure and you can search our classes by keyword. If you prefer to view a pdf version of our brochure (requires Adobe Reader), please visit www.seattle.gov/parks/Environment/camplong.htm.

Rental Information

Facilities & Reservations

Camp Long Main Lodge: A fantastic place to host a party, meeting, workshop or special event. The lodge features a brick fireplace, cathedral ceiling, and hardwood floors and has a maximum capacity of 72 people. Twelve 6 foot-long banquet tables and 72 chairs included in rental costs.

Fees: \$45/hr + \$10 booking fee for private events. Add \$15/hr for rentals held after facility is closed. Add \$60 if serving alcohol. Refundable damage deposit of \$250 (or \$500 with alcohol) required.

Payment of fees and deposit required at time of reservation to hold the reservation.

Cabin and Shelter Rentals: Camp Long features 10 rustic outdoor cabins with six double beds. We also offer two separate covered shelter areas with picnic tables that are perfect for group events. Reservations for private functions can be made, or ask about special programs offered by Camp Long Naturalists that include overnight cabin use.

Cabin Fees: \$40/night per cabin. \$50 refundable damage deposit required. Check-in time is 2:30 p.m. Check out by Noon.

Refunds: There are no refunds given for cancellations of cabin reservations.

Shelter Fees: East shelter with 7 tables \$100/day. West shelter with 5 tables \$80/day.

Rules: Please check with staff on specific rules for cabin/shelter use. Groups are responsible for cleaning up all areas used. No pets or electric heaters allowed.

Fire Ring: \$25 for 4 hours for up to 50 people. The rate increases \$10 for every additional 50 people up to 250 people.

Payment of fees and deposit required at time of reservation to hold the reservation.

Weddings and Special Events: Check out Camp Long for indoor or combined indoor/outdoor parties, receptions and events. Call the Environmental Learning Center at 206-684-7434 or check our web site at www.camplong.org to receive a special brochure and/or information.



Notes from the Head Squirrel

Camp Long and Seward Park Environmental Learning Centers are gearing up for school programs in October. We'll be offering classes on Wednesdays at Seward Park, and Tuesdays, Thursdays and Fridays at Camp Long. We're sending school brochures from all four of Parks' Environmental Learning Centers to teachers in the Seattle area. Teachers should call 684-7479 to register for classes.

We are still looking for volunteers to help with trails, landscaping, advisory council, events and more. Anyone interested in volunteering should contact me directly. We are especially looking for people with a cultural interest in our



Dia de Los Muertos/Nature of Halloween program that memorializes famous eco-heroes from countries around the world, looks at nature from a halloween perspective, and dispells some myths about scary creatures of the dark.

We welcome you to continue renting cabins until the end of October, and hope you take advantage of the special programs we are offering throughout the holidays.

Sheila Brown
Camp Long/Seward Park
Education Program Supervisor
sheila.brown@seattle.gov
206-684-7415

Camp Long

Camp Long is one of Seattle's best-kept secrets. Located in West Seattle, this 68-acre park offers visitors an opportunity to enjoy nature, hike in the forest, camp overnight in rustic cabins, rock climb, and learn about natural history. The park is hidden behind houses along 35th Ave SW, so many are surprised to find such a large green space right in the neighborhood. It is an urban forest segment linked to the West Seattle Golf Course and Longfellow Creek providing habitat for fox, coyotes, birds, and other animals. Programs are offered on-site for all ages to learn about forests, pond life, and more. Make it part of your next birthday party or family reunion. Programs are also offered to explore nature in other settings close by along the beach or on horseback. Take a break and soothe yourself in the quiet shade of a tree.

Program Registration Information:

Always pre-register for all classes, special events, and environmental stewardship opportunities by calling (206) 684-7434.

Want to Provide a Program?

If you have an idea for a program you would like to teach or would like to see offered, please contact us. We are especially interested in finding ways to connect culture and environmental topics. We will work with instructors and groups to propose or create programs. Reimbursement for time and materials would come from fees. Programs must fit in to our mission and goals as an Environmental Learning Center. **For more information, call Sheila Brown at 206-684-7415.**

Build Community – Volunteer!

Interested in volunteering? Call now! Contact Sheila Brown, Supervisor, 206-684-7415 or sheila.brown@seattle.gov. Please check Environmental Stewardship, Trail Work and Longfellow Creek pages for details on how to join work parties or other volunteer efforts!

Eagle Scout Rating Projects

We are the lucky and very fortunate recipients of many Eagle Scout projects at Camp Long! We've received display cabinets, literature racks, compost bins, fire storage sheds, trail steps, and way-finding signage, **but we need more!** If you are a Boy Scout and need a project for your Eagle Scout rating, this is the place to come!

Environmental Learning Center Advisory Council Opportunity

Are you looking for a way to volunteer in your community? Camp Long/Seward Park is seeking individuals from the SW or SE Seattle community who are interested in serving as an advisory council member to Camp Long and Seward Park Environmental Learning Centers.

We would like to increase our Advisory Councils' membership and add more diversity to include people of cultural backgrounds, seniors, and youth. The advisory council meets once per month for two hours (7 – 9 p.m.).

In general, the council works with Parks Department staff by identifying programs, projects, and fundraisers to benefit the Environmental Learning Center's mission of environmental education, stewardship, and justice.

We are also gearing up for Camp Long's 65th anniversary in 2006. If you have any interest in contributing to this project, please contact us. Audubon is also beginning programs in Seward Park this fall. Your input for Audubon and Parks programming at Seward Park would be much appreciated.

Adopt-a-Cabin

We'd love to have a group adopt a cabin. You can help us landscape, clean and maintain the fire-rings. In exchange, we can arrange for you to have a free stay in the cabin, dependent on the extent of work completed. Interested groups should talk to Sheila Brown at 684-7415.



Build Community – Volunteer!

Trail Work Party

Sat, Sep 10

10 a.m. – 1 p.m.

Sat, Oct 1

10 a.m. – 1 p.m.

Sat, Nov 5

10 a.m. – 1 p.m.

Camp Long Trails Crew will work on the first Saturdays of the month to help on the Camp Long trails. Falling trees create holes and damage structures on the trails. In addition, trails need grooming and clearing. If you are interested in learning trail maintenance techniques and want to help keep Camp Long's trails clear for users, come to these work parties. **To sign up for a work party call Sheila Brown at 206-684-7415 at least one week before the trail work party.**

Age: 10 yrs and above. No unaccompanied children please.

Trail Work Party Leaders

We're looking for someone who would like to help us lead work parties to improve our trails. Someone who has event planning or trail building experience is desirable. Responsibilities would include making a list of materials and tools needed for a work party, creating workstation activities, giving tool safety talks, explaining how to do the work to volunteers, contacting organizations to come work on our trails, scheduling work parties, procuring donations of food and beverages and keeping tools clean and organized. This could be a shared responsibility with others.



Living Green

Please register for trail work parties: 206-684-7434



Save Paper!

If you are receiving our brochure printed with your name and address then you are on the mailing list. You can reduce your paper mail, reduce our mailing costs, and save paper by using electronic media.

Check out our brochure on-line at your convenience at **www.camplong.org**. You can also give us your e-mail and we can send out announcements without using paper.

If you would like to remove your name from our mailing list send us an email to **camplong@seattle.gov** or call 206-684-7434. Be sure to give us your name and full address.

We really appreciate your help! Keep us updated on your changes of address, and we'll keep you informed. The earth and trees thank you!

FREE Fish-Friendly Car Wash Kit Available

Car washes can be terrific fundraisers and a great way to build community. But, did you know that if a car wash is done incorrectly it can hurt local fish and other wildlife? The soapy water, dirt, and phosphates drain into storm drains and ditches that lead straight to creeks and into Puget Sound. You can prevent this harm to wildlife by using the fish-friendly car wash kit.

To borrow the kit for your next community car wash fundraiser or to find out more about it, please call 206-684-7415.

Environmental Film Nights

The Northwest Environmental Education Council and Camp Long Advisory Council are happy to present a new partnership to bring you monthly Environmental Film Nights. Join us on the last Thursday of every month for a screening of a different sustainability or environmental film.

Donations Accepted.

The End of Suburbia: Oil Depletion and The Collapse of the American Dream

Thu, Oct 27

7 – 9 p.m.

"We're literally stuck up a cul-de-sac in a cement SUV without a fill-up" quotes James Howard Kunstler in this look at the American way of life and its consequences. Hosted by Barrie Zwicker and directed by Gregory Greene, this documentary illuminates the emergence of ecological design in the 20th century with the ideas and prototypes from trailblazers in the field. Featuring R. Buckminster Fuller, William McDonough, and Hunter and Amory Lovins.

Affluenza

Thu, Nov 17

7 – 9 p.m.

Medical Alert - do you have...swollen expectations? hypercommercialism? shopping fever? fractured families? chronic stress? resource exhaustion? Then put away those credit cards and leave that shopping mall - you may have affluenza. This hilarious look at overconsumption, produced by John de Graaf and Vivian Boe and hosted by NPR's Scott Simon, will have you laughing and crying! (And just in time for holiday shopping...)

Donations Accepted.

Net Loss: The Storm Over Salmon

Thu, Dec 15

7 – 9 p.m.

This film by Mark Dworkin and Melissa Young looks at how salmon farms have become a serious new threat to the survival of wild salmon. Featuring government and industry spokespeople, fishermen, native people, scientists, and consumers.

206-684-7434



camplong@seattle.gov



www.camplong.org

Living Green

Please register for all classes and special events: 206-684-7434

Harvest Fest at Marra Farm

Sat, Oct 1

10:30 a.m. – 2 p.m.

Vans will leave Camp Long to take you to tour Marra Farm and participate in the potluck lunch. Please bring a potluck items to share!

The Marra Farm Coalition was created in 1998 and is made up of several community and garden programs and organizations. Currently, there are several groups running programs at Marra Farm, which strives to function as a model urban farm, engaging the community in education and sustainable agriculture to enhance local food security.

Free, but donations to the coalition are welcome.

Green Home Building and Remodel

Tue, Oct 11

6:30 – 8:30 p.m.

Thinking about remodeling? Help is here! Learn how to incorporate health, efficiency, durability and beauty in a single smart design. This two-hour class will cover the basics of green home remodeling, both materials selection and design strategies, using real life examples. There will also be ample time for questions, so bring your project ideas.

Based on Seattle Public Utilities Green Home Remodel Guides.

Free

Location: Camp Long



“Street Smart Naturalist” Reading by David Williams

Wed, Dec 7

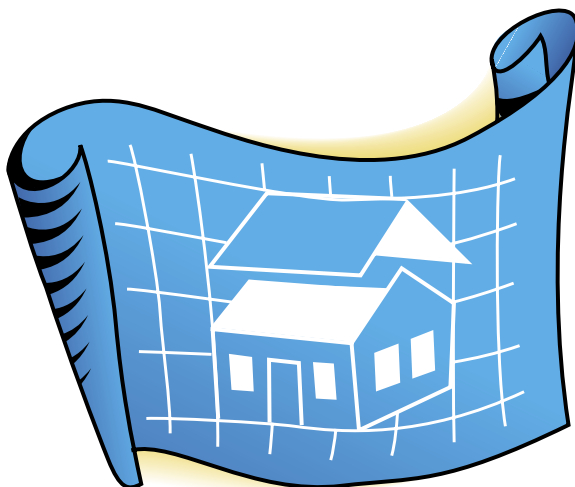
6:30 – 8 p.m.

Back to the city, or back to nature? Seattle author David Williams shows us how we can get the best of both. Living in a major city doesn't have to separate us from the natural world.

Williams presents us with a series of essays and maps that weave personal musings, bits of humor, natural history observations, and scientific data into a multi-textured perspective of life in the city. His book captures all of the distinctive flavors of the Emerald City, urban and natural.

Age: Adults

\$10.00



Special Events

Please register for all classes and special events: 206-684-7434

The Nature of Halloween

Fri, Oct 21 & Sat, Oct 22 6:30 – 9 p.m.

Join us for Halloween with a special cultural twist. Celebrate with Senor Buhos, a live owl, the giant Senorita Arana (big black spider), and a powerful curandera (healer witch). Watch as the skeleton character of Katarina reaches into her amazing Box of Decomposition for slimy creatures that eat the dead. Get a creepy close-up of the bones and teeth of frogs, snakes, turtles and more, then visit a wiggly live reptile. Finally, feast on special treats in a fiesta celebration. Dress warm for a spine-chilling evening outside.

\$10 per person or \$35/group of 4

Pre-registration and full payment are required by Oct 21!

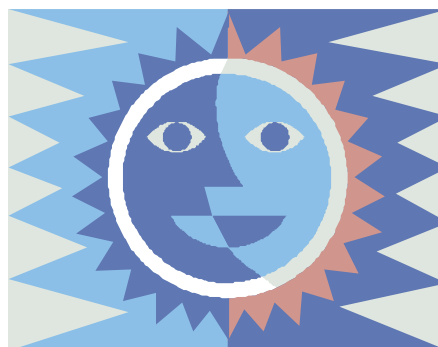
Please call and register for just one time slot; choose from 6:30, 7, or 7:30 p.m.

Winter Solstice Celebration

Wed, Dec 21 7 – 9 p.m.

Join us in our celebration of the return of the sun and the beginning of Winter. Enjoy songs, stories and treats around the fire and share what solstice means to you.

\$6.00 Preregistration required by Friday December 16.



Camp Long Programs

Please register for all classes and special events: 206-684-7434

Nature at Night

Full Moon Low Tide Fun

Thu, Dec 15 9:30 – 11 p.m.

Explore the beach at low tide under the light of the silvery moon! Discover who is out and about at night - colorful nudibranchs, roaming crabs and chitons, and maybe even an octopus!

Age: Old enough to maneuver on slippery seaweed surface.

\$4.00 Registration required.

Location: Mee Kwa Mooks Beach

Registration required by Fri, Dec 9

New Year's Eve at the Beach

Sat, Dec 31 9:30 p.m. – Midnight

What better way to welcome the New Year than celebrating the low-tide of Winter! We can let our past years woes wash out to sea and let new prospects for the coming year drift our way. Be prepared for the possibility of wet and chilly weather. Wear sturdy footwear.

Age: Must be able to maneuver slippery seaweed surface.

Registration required by Fri, Dec 24.

Instructor: Naturalist

Location: Camp Long

\$4.00

Camp Long Programs

Please register for all classes and special events: 206-684-7434

Nature on Horseback Series

Woodland Waterfall Ride

Sat, Oct 1 9 a.m. – 4:30 p.m.

Travel with us into the Cascade Foothills on peppy, well trained saddle horses. Enjoy a refreshing, scenic day on woodland trails where wildlife roam. Ride to a beautiful waterfall and pool where we will explore the natural beauty that surrounds us. *This 4+ hour ride is for intermediate and experienced riders who are comfortable at a trot and canter.* Space is limited to 8 riders so sign up now.

Bring lunch and beverage.

Pre-registration and full payment due by Sept. 28, 2005

\$80.00



Nature Classes

Wreath Making

Sat, Dec 3 1:30 – 3:30 p.m.

Revel in the scent of fresh-cut boughs and learn how to identify holiday evergreens. We'll weave stories of how holly, mistletoe and poinsettias became associated with the winter solstice as you braid your wreaths in front of a roaring fire.

Hot cider provided.

\$10.00

Register and prepay by Dec. 1

Weekend Naturalist Series

Mushrooms

Sat, Oct 15 10 a.m. – Noon

Come stroll through our forests and learn about native Northwest mushrooms and fungi. We will discuss their ecology as well as their unique attributes.

Free, register by Fri, Oct 14

Twine with Ivy

Sat, Nov 5 1 – 3 p.m.

Help our forests and create a lovely basket - both at the same time! We'll weave invasive, non-native English Ivy into beautiful baskets to take home. Just in time for holiday decorating!

Age: 8 years and up

\$5.00 Register by November 4

Instructor: Jeanie Murphy Ouellette

Location: Camp Long

Nature Prints for the Holidays

Sat, Dec 3 10 – 12:30 p.m.

Here's your chance to make beautiful gifts for your nature loving friends and family. We will use permanent, water-based paints with shells, leaves, ferns and other natural and unnatural objects to stamp designs on fabric and paper. Bring plain, light colored tablecloths, napkins, fabric, scarves, clothing or fancy paper to decorate. **Wear protective old clothes.**

Age: Adults & families (ages 6 & up accompanied by adult)

\$15/adults, \$10/child (includes cost of fabric paints)

Registration and full payment due by Nov 12.

Longfellow Creek

Longfellow Creek Watershed Specialist Contact Information

For Longfellow Creek programs, Watershed Council, tours, or presentations, please contact Sheryl at 206-615-1443 or sheryl.shapiro@seattle.gov

Check out www.longfellowcreek.org

Longfellow Creek Legacy Trail — Thistle Street

Third Saturdays 10 a.m. – 2 p.m.

Join in creating and caring for segments of Legacy Trail! We will continue working on the site at SW Thistle St., next to Chief Sealth HS on the **third Saturdays of the month**. We are looking for a volunteer to become a Site Steward. Service-learning credit always available. Call 923-0917 x111 for more info.

Location: Longfellow Creek Sites

Roxhill Bog Restoration

Second Saturdays 10 a.m. – 2 p.m.

Help in the on-going restoration of the bog and see the wonderful growth of plants and diversity of wildlife in the ponds! We perform stewardship on **second Saturdays of the month**. High school community service credits available.

Location: Roxhill Park

Longfellow Creek Watershed Council

First Mondays 7 – 8:30 p.m.

Meeting of community members interested in the protection and improvement of Longfellow Creek and its surrounding neighborhoods. Provides input on implementation of Watershed Action Plan and discusses policy issues, needs, and concerns affecting the creek/watershed.

Meetings usually first Mondays at Camp Long: 7 – 8:30 p.m.

Longfellow Creek Stewardship Committee

First Mondays 5 – 6:30 p.m.

Interested in the natural areas in the watershed? This group works together to care for our creek and open spaces through work parties, grant writing for habitat and trail improvements, and creating outdoor events to celebrate the creek!

Find out how you can improve habitat at a variety of locations such as Roxhill Bog, Greg Davis Park, the Legacy Trail sites (Thistle, Brandon, and others) as well as in your own yard and neighborhood!

Meets first Mondays 5 – 6:30 p.m.

Location: Camp Long

Longfellow Creek Legacy Trail Map

Longfellow Creek Trail Map is available online at www.longfellowcreek.org or in a brochure to guide you on a three mile stroll or shorter walks. Request a copy. Schedule a walking tour for your group!

Free



Camp Long Calendar

Please register early for all classes and special events: 206-684-7434

October

- Sat, Oct 1 Harvest Fest at Marra Farm
Trail Work Party
Woodland Waterfall Ride
- Tue, Oct 11 Green Home Building and Remodel
- Sat, Oct 15 Mushrooms
- Fri, Oct 21 The Nature of Halloween
- Sat, Oct 22 The Nature of Halloween
- Thu, Oct 27 Environmental Film Night:
*The End of Suburbia: Oil Depletion and
The Collapse of the American Dream*

November

- Sat, Nov 5 Trail Work Party
Twine with Ivy
- Thu, Nov 17 Environmental Film Night: *Affluenza*

December

- Sat, Dec 3 Nature Prints for the Holidays
Wreath Making
- Wed, Dec 7 "Street Smart Naturalist" Reading by
David Williams
- Thu, Dec 15 Environmental Film Night:
Net Loss: The Storm Over Salmon
Full Moon Low Tide Fun
- Wed, Dec 21 Winter Solstice Celebration
- Sat, Dec 31 New Year's Eve at the Beach

Seward Park Happenings

About Seward Park

Seward Park offers an abundance of recreational options. Located in southeast Seattle, this 277-acre old-growth-forest peninsula is a great place to explore, learn, play and tour. With three miles of shoreline, grassy meadows, children's playgrounds, beach swimming, and picnic shelters, it's a great place to take your family for a day's outing. Come enjoy a park originally designed by the Olmstead Brothers that offers a real respite from the rat race! You can check out our interpretive programs or find events in the park at the Friend's website: **sewardpark.net**. From storytelling to drawing to living green, there's something for everyone.

Friends of Seward Park

The Friends of Seward Park strives to build community through stewardship, recreation, and environmental education. We are committed to preserving the unique natural habitats and cultural legacy of this historic Olmsted park. We welcome new members who would like to help us protect and advocate for the park.

Monthly Meetings: Fourth Thursday of every month — June only 7 – 8:30 p.m.

Place: Lakewood/Seward Park Community Clubhouse, 4916 Angeline St

For more detailed information about special events and activities in the park, check the Friends website at sewardpark.net.



Book Reading/Signing "Street Smart Naturalist"

David Williams

Tue, Nov 8

2 – 3:30 p.m.

Back to the city, or back to nature? Seattle author David Williams shows us how we can get the best of both. Living in a major city doesn't have to separate us from the natural world.

Williams presents us with a series of essays and maps that weave personal musings, bits of humor, natural history observations, and scientific data into a multi-textured perspective of life in the city. His book captures all of the distinctive flavors of the Emerald City, urban and natural.

Age: adults only

\$10.00

Seward Park will host David Williams for a fundraiser for the Friends of Seward Park. David will be reading from his newest book, "Street Smart Naturalist."

Guest Speaker: David Williams

Seward Park History Walks

Join the Friends of Seward Park and Audubon Washington as we explore the old growth forest and share interesting historical facts, the incredible Seward Park habitat, and plans for the future Audubon Center. Meet at the Environmental Learning Center every first Saturday.

Free

Fall Color/Winter Botany

Sat, Oct 1

10 a.m. – Noon

Salmon/Lake Washington

Sat, Nov 5

10 a.m. – Noon

Tracking/Wildlife of the Park

Sat, Dec 3

10 a.m. – Noon

Special Events

Please register for all classes and special events: 206-684-7434

Recycle Band Concert

Sat, Sep 17

4 – 5:30 p.m.

Join us in the amphitheatre for the last summer Hurrah! for music and entertainment from the Recycle Band from the Bay area.

Age: all ages

Fundraiser for Scholarships: Adults/\$8, Children/\$6

Mt. Baker Rowing and Sailing Halloween Sailing Fest

Sun, Oct 30

Noon – 3 p.m.

Come to race in or out of costume! All ages are welcome. Registration begins at noon. Prizes and awards will be given for a variety of sail races as well as costume. Call 206-386-1913 for more information.

Free

Mt. Baker Rowing and Sailing Annual Christmas Ship and Silent Auction

Thu, Dec 15

6 – 9 p.m.

The Christmas Ship will arrive with carolers at Stan Sayres Park at approximately 8:25 p.m. Start the evening at our annual Silent Auction. Come down to bid on the many items up for auction, sing carols, and enjoy hot cider and cookies. There will be photo opportunities for young ones and/or leashed dogs with our special guest for the evening Santa. At the end of the evening take home the perfect gift. Proceeds go to our expansion. For information call 206-386-1913.

Free

Christmas Ship Schedule for December 15

Thu, Dec 15

7:50 – 9:15 p.m.

Ferdinand Street

7:50 – 8:10 p.m.

Stan Sayers/Mt. Baker
Rowing & Sailing

8:25 – 8:45 p.m.

Mt. Baker Beach

8:55 – 9:15 p.m.

Christmas Ship Bonfire

Fri, Dec 2

8 – 9 p.m.

Catch the spirit of the holiday. Hear it in glorious caroling by the Northwest's finest choirs on 23 magical evenings. Feel it in the free community bonfires shared by thousands of people of all ages at waterfront locations. See it in the shimmering of hundreds of sparkling white lights. Again this year a portion of all ticket sales will help raise thousands of dollars to benefit the The Seattle Times Fund For The Needy. *Refreshments provided by the Seward Park, Camp Long and Rainier Community Center Advisory Councils.* For more information about Christmas Ship and/or bonfires, call: 623-1445.

Age: all ages

Free

Location: Meet at South Beach by tennis courts



Living Green

Please register for all classes and special events: 206-684-7434

Environmental Film Nights

The Northwest Environmental Education Council and Seward Park are happy to present a new partnership to bring you monthly Environmental Film Nights. Join us on the **second Wednesday** of every month for a screening of a different sustainability or environmental film.

Donations accepted.

Deconstructing Supper: A Chef's Journey **Wed, Oct 12 7 – 9 p.m.**

This eye-opening journey, led by 5-star Chef John Bishop, will take you from scientists to activists, biotech giants to farmers for a front row seat in the billion dollar battle to control global food production. Directed by Marianne Kaplan.

Save Our Lands, Save Our Towns **Wed, Nov 9 7 – 9 p.m.**

Pulitzer Prize winner Thomas Hylton explores how America can save its cities, towns, and countryside in this story of hope. Featuring logical reasons why our towns can be rebuilt and our rural areas saved from stripmalls and subdivisions.

Visions of Utopia: Experiments in Sustainable Culture **Wed, Dec 7 7 – 9 p.m.**

This documentary by Geoph Kozeny features ordinary people with extraordinary visions telling their stories of living and working together to build a better world.

Green Home Building and Remodel **Thu, Oct 6 6:30 – 8:30 p.m.**

Thinking about remodeling? Help is here! Learn how to incorporate health, efficiency, durability and beauty in a single smart design. This two-hour class will cover the basics of green home remodeling, both materials selection and design strategies, using real life examples. There will also be ample time for questions, so bring your project ideas.

Based on Seattle Public Utilities Green Home Remodel Guides.

Free

Growing Green

The food we eat is as important as the air we breath and the exercise we get. This 3-part series will explore the food around us. Join us as we venture near and far to find out more about organic gardening. Where can you garden in the city? What is a Community Supported Agriculture? How can I grow big beautiful vegetables without chemicals.

Havest Fest at Marra Farm

Sat, Oct 1 11 a.m. – 2:30 p.m.

Vans will take you from Seward Park to tour Marra Farm and participate in the potluck. Please bring potluck items to share. The Marra Farm Coalition was created in 1998 and is made up of several community and garden programs and organizations. Currently, there are several groups running programs at Marra Farm, which strives to function as a model urban farm, engaging the community in education and sustainable agriculture to enhance local food security.

Free

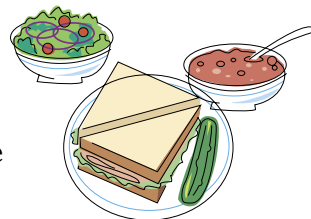
Age: All ages

Location: Van transportation from Seward Park

Savor The Season

Sat, Nov 19 10 a.m. – Noon

Enjoy a sensory-stimulating cooking and nutrition class as the instructor prepares local seasonal produce from PCC Natural Markets. Sample fresh vegetables, braised and roasted, made into warming soup, and matched with beans and whole grains to make delicious fall meals.



Instructor: Goldie

Caughlan, PCC's Nutrition Education Manager

Location: High Point Community Center Kitchen
6920 34th Ave S.W. **Call 684-7422 to register.**

\$20.00 Children under 8 free

206-684-7434



sewardnc@seattle.gov



www.sewardpark.net

15

Wild Washington Field Trips

Please register for all classes and special events: 206-684-7434

Black River Family Canoe Trip Adventure

Sat, Oct 15

8 a.m. – 6 p.m.

Here's an opportunity to enjoy one of western Washington's most unique and diverse rivers. This is a safe and easy, flat-water canoe trip down a scenic and wildlife-rich river that has become a major wetland refuge protected by The Nature Conservancy, State and Federal Agencies. It is a one-way trip, downstream, with a pick-up shuttle at the take out spot. Ideal for families, this trip includes a stop to eat your picnic lunch at the half-way point. Along the way, you will marvel at the peaceful beauty of this refuge. We'll keep an eye out for the abundant birds and mammals that inhabit this area, including Osprey, Bald Eagles, Great Blue, and Green Heron, as well as elk, deer, muskrat and beaver. The Black River is located 70 miles south of Seattle, near the small town of Littlerock. Van transportation, canoes, life jackets and paddles provided. Meet at Camp Long

Age: all ages

\$11.00

Instructor: Woody Wheeler



Twin Falls Family Hike

Sat, Sep 24

9 a.m. – 6 p.m.

Join us on a family-friendly, easy hike along the Snoqualmie River through an ancient forest to spectacular viewpoints overlooking two huge waterfalls. Along the way we'll make a few short stops to learn about western Washington's native trees, plants and birds. The Fall colors on the maples and alders should be stunning at this time of year! This fun and scenic family trip for 12-15 people will take place at Twin Falls State Park, 30 miles east of Seattle. The hiking terrain is easy-moderate and the total hiking distance is only 3.5 miles. It's a perfect family hike for all ages. Van transportation to the site will be provided to and from Seward Park ELC.

\$10.00 Adult

\$5 Each Child



Nature Programs

Please register for all classes and special events: 206-684-7434

A Pea in the Park

Sun, Sep 11

3:30 – 6 p.m.

In this series of classes we will learn the appropriate habitat for various native plants including members of the pea family. Choose the right spots to plant them as we work to bring back declining and lost plant species and the animals that depend on them. We'll walk the park and discuss where these natives belong and why they may have disappeared. Then we'll drop a seed (possibly a pea) that had been collected from parts of our region where they still can be found. Some seeds will be available to grow at home.

Age: all ages

\$6.00

Instructor: Stewart Wechsler

Location: Seward Park



Community Meeting

Thu, Dec 8

7 – 9 p.m.

You're Invited! – Community Meeting

Mithun Architects will present the final designs for the new environmental learning center at Seward Park. Families welcome!

Update

Thanks to the Washington State Legislature and several generous individuals, the Explore and Soar Capital Campaign has reached its half-way mark! As of this August, we have raised \$1,520,000 toward our \$3 million capital campaign goal!

With the help of the Center's stewardship board, staff, and other volunteers, we are excited to announce the launch of the Community Campaign this coming February. Construction is scheduled to begin in 2006. Just around the corner! For more information contact Candy at (206) 652-2444, extension 101 or by emailing ccastellanos@audubon.org.

Volunteer Opportunities

Seward Park Stewardship

Third Saturdays 10 a.m. – 2 p.m.

Fall Dates: Sep 17, Oct 15, Nov 19

Monthly Ivy OUT work projects, third Saturday of EVERY month. Service Learning credit provided for High School students.

Trail Restoration@Seward Park

Saturdays 9:30 a.m. – 2:30 p.m.

For more information about Work Parties or to sign up your group or organization (a great way to build teamwork!), contact Jacobo Jimenez @ 604-3776 or check our web site at: <http://www.seattle.gov/parks/Environment/trails/trailsprogram.htm>.



Seward Park Programs

Please register for all classes and special events: 206-684-7434

Sandbox Scientists \$5

Sat, Sep 17 Noon – 2 p.m.
 Sat, Oct 8 10 a.m. – Noon
 Sat, Oct 15 10 a.m. – Noon
 Wed, Oct 19 2:30 – 4 p.m.
 Wed, Nov 2 2:30 – 4 p.m.
 Wed, Nov 16 2:30 – 4 p.m.

Sand Box Scientists is especially for ages 3-5. We'll walk around the park and choose spots to dig some holes, feel and smell the dirt and look for little critters in the dirt with magnifying glasses. Then we'll put a couple of native plant seeds in the holes, fill them back in and hope the seeds will grow. We will be helping to restore some the wealth of life that once occurred on the former island, now a peninsula, called Seward Park. Every week we will venture into a different habitat, learn the names of the animals and why they call Seward Park home.

Age: 3 to 5 year olds

Instructor: Stewart Wechsler

Location: Seward Park

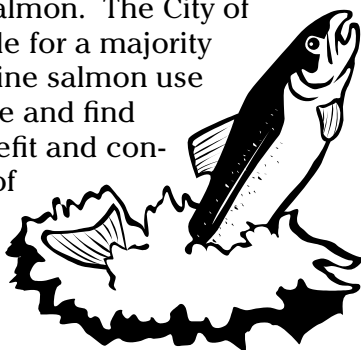
State of the Lake

Nov 16 6:30 - 8:00 p.m.

Salmon carcasses are littering the Lake Washington shoreline. The Shoreline of South Lake Washington is a nursery for salmon eggs and juvenile salmon. The City of Seattle is responsible for a majority of the public shoreline salmon use for spawning. Come and find out how we all benefit and contribute to the state of Lake Washington.

Find out how you can help make this salmon habitat better by attending this free presentation by the King County Watershed Coordinator, Debbie Natelson, and Kevin Stoops, Sr. Project Manager for Seattle Parks and Recreation.

Instructor: Deb Natelson, Kevin Stoops



Dead Lake Beasts and Skeleton Hunt \$5

Sun, Oct 2 10 a.m. – 12:30 p.m.
 Sat, Oct 29 10 a.m. – 12:30 p.m.

Prepare for Halloween with a hunt for creepy dead critters along the lake.

Learning the Weeds \$5

Sat, Oct 8 11:30 a.m. – 1:30 p.m.

Learn how to recognize some of the more common pest plants that have been displacing the flora that formed much of our natural heritage.



Snake Tails

Sat, Oct 22 3 – 4:30 p.m.

Nick Sutton — owner of the “Snake Experience” will be here to help you get over your fear or let you get up close and personal with these slithering, climbing, coiling, brilliantly colored serpentes from around the globe. Learn how to identify local species of snakes; where to find them, what they eat, coloring and markings to help you identify who they are.

No venomous snakes will be invited to the party and will be handled ONLY by the snake charmer himself.

\$5.00 children under 5: free

Instructor: Nick Sutton

Location: Seward Park

Seward Park Programs

Please register for all classes and special events: 206-684-7434

Arts/Crafts

0p10

You Can Draw... in Seward Park

Satdays 10 – 11:30 a.m.

Oct 8 – Dec 10

For young beginners or the highly skilled. Learn the principles of drawing: outline, form, proportion, shadows, light & shading, perspective, texture & more. Learn to “see” as an artist, taking advantage of many landscapes and still life studies in the park. You will work only with drawing pencils and colored pencils which are provided. Class is small to maximize 1-on-1 instruction. Scholarships available.

Age: 7 to 11 years old

\$50.00 scholarships available

Instructor: Mawg Ellithorpe

Location: Seward Park



Twine with Ivy

Sat, Nov 19

1 – 3 p.m.

Help our forests and create a lovely basket - both at the same time! We'll weave invasive, non-native English Ivy into beautiful baskets to take home. Just in time for holiday decorating!

Age: Ages 8 and up

\$5.00

Preregister by Friday Nov 18

Location: Seward Park

Nature Prints for the Holidays

Sat, Dec 10

10 a.m. – 12:30 p.m.

Here's your chance to make beautiful gifts for your nature loving friends and family. We will use permanent, water-based paints with shells, leaves, ferns and other natural and unnatural objects to stamp designs on fabric and paper. Bring plain, light colored tablecloths, napkins, fabric, scarves, clothing or fancy paper to decorate. **Wear protective old clothes**

\$15 Adults, \$10 youth

Preregistration and full payment due by Dec. 2



Wreath Making/Holiday Plants

Sat, Dec 10

1:30 – 3:30 p.m.

Revel in the scent of fresh-cut boughs and learn how to identify holiday evergreens. We'll weave stories of how holly, mistletoe and poinsettias became associated with the winter solstice as you braid your wreaths in front of a roaring fire. Hot cider provided.

Bring wreath forms and accutriments:, or supplies provided for \$5

\$10.00

Seward Park Programs

Please register for all classes and special events: 206-684-7434

Senior Adults

Senior Strolls

Wed, Sep 28 9 – 10:30 a.m.

Wed, Oct 26 9 – 10:30 a.m.

Wed, Nov 30 9 – 10:30 a.m.

Take a leisurely stroll through the forest guided by a park naturalist. Whatever is your interest - birds, plants, mammals or mushrooms - we will explore all.

Free

Instructor: Jeanie

Location: Meet at Ampitheatre parking lot

Walk & Tone

Tuesdays 10:30 – 11:30 a.m. Oct 4 – Dec 13

This class includes walking, stretching, strengthening with light weights to great music. Have fun while improving your health. **For more information and to register call 206-684-7484.**

\$20.00/11 weeks of instruction

Location: Seward Park



Senior Gathering

Wed, Oct 26 10:30 a.m. – 1:30 p.m.

This gathering happens once a month. Receive community information, enjoy food and door prizes, and play bingo. **Please call 206-684-7484 to inquire about the current location.**

Free

Location: TBA (call 206-684-7484 to find out)



Thanksgiving Senior Gathering

Wed, Nov 16 10:30 a.m. – 1:30 p.m.

Wonderful Thanksgiving celebration for seniors. Roast turkey, dressing, and all the trimmings. Special time to meet others and receive health information. **Please call 206-684-7484 to inquire about location. Registration required.**

Free

Location: TBA (call 206-684-7484 to find out)

Holiday Senior Gathering

Wed, Dec 14 10:30 a.m. – 1:30 p.m.

Made possible by your Southeast partners, this function has grown to be a festive party. **Please call 206-684-7484 to inquire about the location. Registration required.**

Seward Park Calendar

September

- Sat, Sep 10 Mt. Rainier Wildflowers
Sun, Sep 11 A Pea in the Park
Seward Park is for the Birds!
Fri, Sep 16 Low Tide Beach Safari
Sat, Sep 17 Full Moon Hayrides
Equinox Stories
Recycle Band Concert
Sandbox Scientists
Seward Park Stewardship
Sat, Sep 24 Twin Falls Family Hike
Wed, Sep 28 Senior Strolls

October

- Sat, Oct 1 Havest Fest at Marra Farm
Sat, Oct 1 Fall Color/Winter Botany
Sun, Oct 2 Dead Lake Beasts and
Skeleton Hunt
Tue, Oct 4 Walk & Tone
Thu, Oct 6 Green Home Building and
Remodel
Sat, Oct 8 Learning the Weeds
You Can Draw... in Seward
Park class begins
Sandbox Scientists
Wed, Oct 12 Environmental Film Night:
*Deconstructing Supper:
A Chef's Journey*
Sat, Oct 15 Black River Family Canoe Trip
Adventure
Sandbox Scientists
Seward Park Stewardship
Wed, Oct 19 Sandbox Scientists
Sat, Oct 22 Snake Tails
Sat, Oct 29 Dead Lake Beasts and
Skeleton Hunt
Marra Farm and Forest Field
Trip
Sun, Oct 30 Mt. Baker Rowing and Sailing
Halloween Sailing Fest

November

- Wed, Nov 2 Sandbox Scientists
Sat, Nov 5 Salmon/Lake Washington
Tue, Nov 8 Book Reading/Signing
Wed, Nov 9 Environmental Film Night:
*Save Our Lands, Save Our
Towns*
Wed, Nov 16 State of the Lake
Sandbox Scientists
Sat, Nov 19 Savor The Season
Seward Park Stewardship
Twine with Ivy

December

- Fri, Dec 2 Christmas Ship Bonfire
Sat, Dec 3 Tracking/Wildlife of the Park
Wed, Dec 7 Environmental Film Night:
*Visions of Utopia: Experiments
in Sustainable Culture*
Sat, Dec 10 Nature Prints for the Holidays
Wreath Making/Holiday Plants
Thu, Dec 15 Christmas Ship Bonfire
Mt. Baker Rowing and Sailing
Annual Christmas Ship and
Silent Auction
Sat, Dec 17 Seward Park Stewardship



Policies and Procedures

You can make a difference!

The Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

Most classes, workshops, sports, special events, and facility rentals are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or TDD 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Rentals

For information about room rentals, please view our facility rental brochure. (<http://www.seattle.gov/parks/reservations/facrentalguide.htm>)

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to our Advisory Council. Please note:

Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

Fees and charges

Camp Long's Advisory Council and Seward Park's Advisory Council provide the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Councils are used to offset the cost of providing the programs. Program charges include user fees of \$1 per class, \$1.50 per workshop, and \$1.30 per participant in each athletic game, paid to Seattle Parks and Recreation to defray operating costs. People 60 and older are not charged these user fees unless there is a stated senior fee for a particular class. Class and program fees include Washington State sales tax where applicable.



Policies and Procedures

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, over-night camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, over-night camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

How to Find Us

Directions to Camp Long

Camp Long is located at 5200 35th Ave. SW in West Seattle. Take bus route #21.

By car **from I-5** take exit 163 - Spokane St./West Seattle Bridge Exit. **From Hwy 99 S.** take West Seattle Bridge exit.

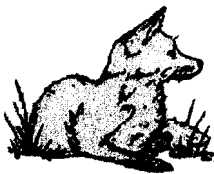
Follow the W. Seattle Bridge to the end (Fauntleroy exit) and turn left (South) onto 35th SW. Continue south about 2/3 of a mile up hill and turn left (east) on Dawson St. (Watch for a brown Camp Long sign on the west side of 35th Ave. SW). Look for the Parks Department "rainbow" Camp Long sign on Dawson & 35th.

Visit Seward Park

by bus. . . Bus #39 Exit at Orcas Street.

or by Car. . . Seward Park is located on Lake Washington Blvd and Orcas Street in Southeast Seattle. From **I-5 Southbound**, take the W Seattle Bridge/Columbian Wy exit (#163A). Keep left at the fork in the ramp and merge onto Columbian Way S. Turn right onto 15th Ave S. Turn left onto S. Columbian Way. Turn right onto S. Alaska St. Turn right onto Rainier Ave S (WA-167). Turn Left onto S. Orcas St; S Orcas St. becomes Lake Washington Blvd S. From **I-5 Northbound** take the Swift Ave exit (#161) towards Albro Place. Turn Right onto Swift Ave. S. Turn left onto S Eddy St. Turn left onto Beacon Ave S. Turn right onto S. Orcas St; S Orcas St. becomes Lake Washington Blvd S.





Camp Long
Environmental Learning Center
5200 35th Ave. SW
Seattle WA 98126

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